

Dear Athletes and Parents:

Welcome to the Lansing Christian School athletic program. Participation in school athletics will build friendships, character, and memories for all who participate. We are thrilled that you desire to become a member of a LCS athletic team.

The athlete who chooses to participate in school athletics is voluntarily making a choice of self-discipline and high standards. Athletes must discipline their minds and bodies for rigorous competition and develop a “team first” attitude. As in other aspects of the LCS educational program, we expect our student-athletes to strive for excellence and demonstrate Christ-like attitudes and actions. ***Pursuing Victory As We Honor God*** is the theme of the Lansing Christian athletic program. A student wearing a jersey that proclaims “Christian” on it has an important responsibility to his/her team, school, and fellow Christ followers.

Parents also have a responsibility. Providing positive encouragement for their child, the coaches, and other players on the team is vitally important. The attitude and behavior that parents manifest toward coaches, referees, and opposing teams should be a model of behavior that brings glory to God. Parents are encouraged to become involved in the Athletic Boosters and its activities.

As athletic director, it is my goal to have every participant experience the joy of participating in school athletics – while bringing glory and honor to the Lord. I am looking forward to finding out what the Lord has planned for each of the Lansing Christian teams in the year ahead.

If you have questions or are willing to assist, please give me a call at 882-3386.

Yours in Christian athletics,

Donn Start  
Athletic Director

## PURSUING VICTORY AS WE HONOR GOD

Athletic competition provides all of us with a special opportunity to *honor God* through our play and sportsmanship. Although our teams will be competing with victory in mind, it is critical that each athlete/fan also be competing with a desire to *honor God* through their words, attitudes and actions. Parents and coaches need to play an important role in helping each student consistently integrate these two goals: pursuing victory and honoring God.

To help accomplish this goal, LCS asks each family to review the following Athletic Code of Conduct highlighting important Christian-athletic principles. After agreeing to abide by these principles, each parent and athlete is asked to sign and return the colored pledge sheet.

1. **Best effort/best attitude:** We desire every LCS athlete and team to pursue victory with *passion*, to think and play as a team, and demonstrate self-discipline in making the right decisions when using school athletics to bring glory and honor to God.
2. **Respect:** Show class to teammates, coaches, officials, parents, and opponents at all times. Be gracious in victory and accept defeat with dignity. *Give thanks in all circumstances, for this is God's will for you in Jesus Christ. 1 Th. 5:18*
3. **Responsibility in the classroom:** Support the educational concept of "being a student first." Participating in athletics may be more "fun" but earning an excellent LCS education is more *important!* Provide your best effort in the classroom and on the field of play.
4. **Trustworthiness:** Do what is right, be loyal to the team, be worthy of others trusting you in all that you do. Consistency in being on time, encouraging teammates and coaches, and following through on what you promise to do will earn you the important characteristic of being trustworthy.
5. **Role-Modeling:** Wearing a team uniform that says *CHRISTIAN* on it carries a special responsibility to your school and fellow Christian brothers and sisters. Others are watching and evaluating how LCS Christians act, talk, and behave on our athletic fields, courts, and in the stands. Whether we're with believers or nonbelievers, let's consistently conduct ourselves in a manner that honors God.

On the back page of this document, please sign the pledge sheet demonstrating your understanding and support of the LCS Athletic Handbook and the principles of *Pursuing Victory as we Honor God*. May God bless each of our athletes, coaches, and fans on an outstanding year of school sports at Lansing Christian School.

## **ATHLETIC MISSION STATEMENT**

The mission of Lansing Christian School athletics is to provide a well-balanced program to supplement the spiritual, social, physical and academic growth of our students. Our primary purpose is to cause our athletes to think and act like Jesus Christ. It is our intent to guide students to discover and recognize their unique gifts and abilities and to develop their skills in order to achieve their full God-given potential. Athletics is a microcosm of life, in other words, life in miniature. Our purpose is to biblically direct athletes in these situations so as to build the following character qualities: self-discipline, leadership, cooperation, commitment, self-control, and perseverance.

## **ATHLETIC BELIEF STATEMENT**

Lansing Christian Athletics is committed to the Christian perspective of life as set forth in the Bible, recognizing God as the Creator of all things, Jesus Christ as the Son of God and the Savior of all who acknowledge Him as Lord, and the Holy Spirit as the one who reveals truth. We believe that the knowledge of God is the beginning of wisdom, that fellowship with God is the basis for true fellowship with one another, that each student is created by God as a spiritual, intellectual, social, and physical being and is endowed with particular gifts.

## **ATHLETIC OUTCOMES**

The school expects these outcomes from participation in the athletic program:

1. The development of godly character. (Gal. 5:22-23)
2. The development of a spirit of love, care, and support for others as the group works to accomplish its goals. (Mt. 12:25; John 15:17)
3. The ability to relate to authorities, such as coaches and officials. (I Cor. 11:1; Heb. 13:17)
4. The development of self-discipline, diligence, and perseverance. (Phil. 3:12-14; Heb. 6:11-12)
5. The motivation for students to give their best and try their hardest. (I Cor. 9:24-27)
6. The development of gifts, talents, and athletic skills that can be used in greater service.
7. The discretion of students to put athletics in perspective with other parts of their lives, such as family, church, academics, etc. (I Tim. 4:8)
8. The commitment of students to take responsibility and keep commitments. (Acts 20:24; Prov. 3:3,4)
9. The ability to handle adversity in a constructive manner. (James 1:2-4)
10. The development of self-respect and confidence. (Mt. 12:31; Rom. 13:8-10)

# LCS CODE OF CONDUCT

## **Introduction**

It is a privilege for students to participate in Lansing Christian Athletics. Since the conduct of students reflects upon the entire school and Christian community, students engaged in LCS athletics are expected to act as model representatives of their school and abide by the provisions of the LCS Athletic Code of Conduct throughout the period of their participation in athletic activities. This Athletic Code is in agreement with Lansing Christian High School philosophy and handbook.

### **I. Adherence to MHSAA Eligibility Requirements.**

The student athlete will abide by the rules and regulations of the Michigan High School Athletic Association (MHSAA) which are described later in this book.

### **II. Academic Eligibility.**

In order to participate in athletic programs, a student must:

1. Be enrolled as a full-time student.
2. Pass all classes in each semester.  
If a student fails to pass a class in a semester, he/she will be ineligible to participate the following semester.
3. Have a satisfactory weekly report, which is determined by whether or not the athlete is passing all his/her classes.  
If after one warning a student receives a failing weekly report, he/she will not be able to participate in scrimmages or games for the next full week in school (next Monday through Sunday), but will be required to attend games, practices and sit on the bench. If a student receives a warning for the same class for three consecutive weeks he/she will be ineligible for one full week. At that time the student will start over with a clean slate in that class. If a student receives three or more warnings from three or more classes in one week he/she will be ineligible for one full week.

### **III. School Attendance.**

A student athlete is expected to attend at least ½ day on the day of a contest or practice. If extenuating circumstances exist which prevent ½ day attendance, the Athletic Director, can, at his discretion, allow participation. The purpose of this section is to prevent student athletes from participating when they are ill.

#### **IV. Practice Attendance.**

Team members are expected to be present at all team practices, team meetings, games, awards ceremony, and special occasions unless excused by the head coach. Coaches have the authority to determine if an athlete has unexcused or excessive absences and to take appropriate action.

#### **V. Care of School Equipment and Facilities.**

Student athletes are responsible for all school equipment issued to them. The students or their parents must pay for lost, stolen, or damaged equipment before participation in athletic activities will allowed. In addition, athletes should see that appropriate equipment is returned to the proper place. It is expected that students will take proper care of the facilities being used.

#### **VI. Transportation to Athletic Contests.**

All team members will travel to contests by means of transportation provided or communicated by the Athletic Director. In many situations, parents may be required to provide transportation home from away contests. When bus transportation is provided, players may return home with parents with the proper form filled out and signed.

#### **VII. Medical Release to Participate after Injury.**

If a student athlete is seriously injured, he/she must have a written doctor's release before he/she can return to practice or compete in athletic contests.

#### **VIII. Physicals.**

Physical examinations are required of all student athletes at Lansing Christian Secondary School **before** they may participate in sports. MHSAA physical forms are available in the Athletic Office. They may be used or attached to a card provided by the family physician. The form must be presented to the coach or Athletic Director **prior to pre-season practice.**

#### **IX. Personal Conduct.**

Participation on an athletic team at LCS is a privilege, and the participants must earn the right to represent LCS by conducting themselves in such a way that the image of the school is not tarnished. Any participant, whose conduct is judged to represent a discredit upon the athlete, the team, or the school, whether such activities take place during or after school hours, will receive disciplinary action as determined by the coach, the Athletic Director, and/or the school administration and as stated in the Student/Parent Handbook.

Behavior in the school before and after games should be exemplary. Remember that others may be forming judgments about LCS based upon each player's attitude and behavior.

#### **X. Technical Foul/Carding Policy**

Any player or coach receiving a technical foul or a red card will have a meeting with the Athletic Director the next school day.

#### **XI. Use of Substances.**

Using tobacco, alcohol, illegal drugs or steroids is prohibited 365 days/year. Once an Athlete participates in a sport (Freshman, JV, or Varsity) at Lansing Christian he/she is considered an Athlete for the remainder of their high school career and subject to all LCS Code of Conduct rules. All violations start at point the of infraction and carry over into next season if necessary.

1st Violation = Suspended for 1/3 of the season (1/3 of scheduled games)  
Practice time will be determined by the Athletic Director.

2nd Violation = Suspended for 1 full calendar year from athletics.

3rd Violation = All Athletic Eligibility rights are taken away. Student may not participate in any athletics at LCS for entire High School career.

##### **Self**

**Disclosure** = Any student who comes forth voluntarily before any complaints are brought will be referred to the counselor. The student will be required to follow the recommendation of the counselor. *The athlete will not be charged with a violation. The self disclosure may only be used once during high school.*

#### **XII. Quitting a Team.**

The normal rule for student athletes quitting a team is that they make themselves ineligible for any sport during that season that has already begun. Also, he/she cannot participate in any preseason conditioning or practice for the next sport season until the end of the current sport season.

#### **XIII. Removal from the Team.**

The removing of an athlete from a team may be made by the coach and/or the Athletic Director. The Athletic Director will confer with the coach before any removal action is taken. Causes for removal from the team include, but are not limited to the following:

- Use of alcohol, tobacco, illegal use or possession of drugs or steroids not prescribed by a physician.
- Continual violation of any Lansing Christian School Handbook requirements.
- Repeated violations of the Athletic Code or team policies.

- Personal misconduct involving the police or court action either during or outside of school hours.
- Verbal or physical attack upon an opponent, contest official, teacher, fan or any other person.
- Continual acts of unsportsmanlike conduct.

**XV. Safety.**

Every effort should be made to eliminate injuries. Players must obey all safety rules, report all physical problems to their coaches, follow a proper conditioning program, and inspect equipment they use.

**XVI. Grooming/Dress.**

Appearance, expression, and actions always influence people’s opinion of athletes, the team, and the school. Once a student has volunteered to be a member of the school team, the athlete must hold to high standards of cleanliness, modesty, and neatness. It is preferred that athletes dress up when attending both home and away games.

**GOVERNANCE**

**The School Board.**

The School Board, responsible to the Lansing Christian School Association, is the ruling agency of Lansing Christian School. It has the final authority on all matters of policy. It also approves the means by which the professional staff may make these policies effective. It has the responsibility of evaluating the interscholastic athletic program in terms of its value to the school community.

**The Administration.**

The Athletic Director has the responsibility of administering the sports program of the school system and is directly supervised by the secondary school principal. Like other administrators, the person is responsible to the Superintendent and the School Board.

**The Michigan High School Athletic Association.**

Lansing Christian School is a member in good standing of the Michigan High School Athletic Association which is a private, voluntary association of public, private, and parochial secondary schools. The primary function of the Association is to sponsor tournaments and ensure that member schools have rules and guidelines to promote equitable competition.

## **The Southern Michigan Athletic Association.**

Lansing Christian School is a voluntary member of the Southern Michigan Athletic Association. It was established for the primary purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The object of the SMAA league is to promote sportsmanship, to foster a spirit of wholesome rivalry, and to determine championships in high school sports or other activities in which member schools shall participate.

Member schools include Bellevue, Dansville, Lansing Christian, Morrice, and Webberville.

### **MHSAA ELIGIBILITY REQUIREMENTS FOR SENIOR HIGH STUDENTS**

1. **Age.** High school students become ineligible if they reach their nineteenth(19) birthday before September 1 of a current school year.
2. **Physical Examination.** Students must have on file, in the school's office, a physician's statement for the current school year (after April 15) certifying that she/he is physically able to compete in athletic practices and contests.
3. **Enrollment.** Students must be enrolled in school prior to the fourth Friday after Labor Day (first semester) or the fourth Friday of February (second semester). A student must be enrolled in the school for which he or she competes.
4. **Semesters of Enrollment.** Students cannot be eligible in high school for more than eight semesters and the seventh and eighth semesters must be consecutive.
5. **Semester Records.** Students must have passed at least four full credit subjects in the previous semester of enrollment, and must be currently passing four full credit courses.
6. **Transfer Students.** A student in grades 9 through 12 who transfers to another high school is not eligible to participate in an interscholastic contest for one full semester unless the student qualifies for immediate eligibility under one of fifteen published exceptions. Students and parents anticipating a change of schools should first seek advice from their high school administration.
7. **Undo Influence.** The use of undue influence by any person directly or indirectly associated with a school to secure or encourage the attendance of a student for athletic purposes shall cause the student to become ineligible for a minimum of one semester.
8. **Limited Team Membership.** After practicing with or participating with high school teams, students cannot participate in any athletic competition not sponsored by his or her school in the same sport during the season. Students in individual sports may participate in a maximum of two non-school individual meets or contests during the school season while not representing their school.

9. **All-Star Competition.** Students shall not compete at any time in any sport under MHSAA jurisdiction in all-star contests or national championships regardless of the method of selection. Participation in such a contest shall cause that student to become ineligible for a maximum period of one year of school enrollment.
10. **Awards and Amateurism.** Students cannot receive money or other valuable considerations for participating in MHSAA sponsored sports or officiating in interscholastic athletic contests, except as allowed by the MHSAA HANDBOOK. Students may accept, for participation in MHSAA sponsored sports, a symbolic or merchandise award which does not have a value over \$25. Banquets, luncheons, dinners, trips and admissions to camps or events, are permitted if accepted “in kind”. Awards in the form of cash, merchandise, certificates, or any other negotiable document are never allowed.

Note: Consult the MHSAA HANDBOOK for detailed regulations and/or interpretations.

## **LANSING CHRISTIAN ATHLETIC PROCEDURES AND GUIDELINES**

### **Parent Consent Form.**

Each parent or guardian is responsible for knowing the requirements a student must meet to participate in athletics at LCS.

### **Insurance.**

The school does not carry insurance to cover student athletic injuries. Parents are responsible for any costs as a result of injuries.

### **Costs.**

The athlete must pay the cost of his/her physical exam and for various equipment, such as shoes, cleats, socks, various gloves, jerseys, etc. If financial conditions exist that make it difficult for a team member to purchase mandatory equipment, the athlete or his/her parents should contact the athletic office so that confidential arrangements can be made to supply such equipment.

### **Uniforms.**

The school furnishes uniforms. The students have a responsibility to keep them clean and to turn them in, immediately following the close of the season. Report cards are withheld until the clean uniforms are returned.

### **Restricted Practice and Game Days.**

All practices are to be held on school days, if possible. Holiday practices are to be discouraged. No Sunday practices or games are allowed.

### **Tryouts.**

Prior to trying out, the following information will be made available to all candidates for the team.

1. Time of tryouts.
2. Criteria used to select the team.
3. Number to be selected.
4. Practice commitment if the candidate makes the team.
5. Game commitments.
6. Season commitments.

## **Donations**

Donations to a sport or athletic department are needed and appreciated. The final say on how the donation is spent will be determined by the athletic director and coach.

## **Parent Coach Communication.**

Both parenting and coaching are laborious and complicated roles that adults assume in the successful functioning of the LCS athletic program. By establishing an acceptance and an understanding of each role, as well as a vehicle for positive communication, we are better able to create a healthy athletic environment and provide greater benefit to the athlete. Clear communication among the school, the coach, the athlete and the athlete's parents is essential to a good program.

1. Communication a parent can expect from the coach.
  - a. The basic philosophy of the coach.
  - b. Expectations the coach has for your child as well as for all players on the team.
  - c. Locations and times of all required practices, bus departures, scrimmages, and contests.
  - d. Conditions that result in the denial of your child's participation.
2. Communication that a coach should expect from parents.
  - a. Personal notification of any schedule conflicts well in advance.
  - b. Special concerns that involve your child expressed directly to the coach at an appropriate time.
3. Appropriate concerns to discuss with coaches.
  - a. Concerns about your child's educational progress as related to athletic participation.
  - b. Ways to help your child improve.
  - c. Concerns about your child's behavior, on and off the field or court.
  - d. The treatment of your child, mentally or physically.
4. Inappropriate concerns to discuss with the coaches.
  - a. Playing time.
  - b. Team strategy.
  - c. Play calling.
  - d. Other student athletes.
5. Procedures for parent-coach discussions.
  - a. Call the coach to set up an appointment. All coaches may be reached through the athletic office by calling 882-3386. If the coach can not be immediately contacted, a message will be delivered and your phone call will be returned in a timely fashion.

- b. Please do not attempt to confront a coach just prior to, during or immediately after a contest or practice session. These are emotional and stressful times for the parent, athlete, coach and team. Confrontations of this nature do not promote healthy resolutions.
  - c. Improper contact or communication with a coach may result in denying attendance at one or more games.
6. Procedures for unsatisfactory parent-coach discussions.
- a. If after meeting with the coach of your child's team, you still have unresolved concerns, call and set up an appointment with the athletic director to further discuss the situation.
  - b. If the meeting with the Athletic Director does not satisfactory resolve the problem, the next step is to set up an appointment with the Principal.

# **LCS HIGH SCHOOL ATHLETIC PROGRAM**

## **Fall Sports and Teams**

Boys soccer - varsity, junior varsity  
Co-Ed Cross Country - varsity  
Girls volleyball - varsity, junior varsity

## **Winter Sports and Teams**

Boys basketball - varsity, junior varsity, freshmen  
Girls basketball - varsity, junior varsity, freshmen  
Girls cheerleading - varsity  
Boys bowling - varsity  
Girls bowling – varsity

## **Spring Sports and Teams**

Boys baseball- varsity, junior varsity  
Boys golf - varsity, junior varsity  
Girls soccer - varsity, junior varsity  
Girls tennis – varsity, junior varsity  
Boys track - varsity  
Girls track - varsity  
Girls Softball - varsity

## **LCS MIDDLE SCHOOL ATHLETICS**

### **The Role of Athletics.**

The middle school student is a unique learner. At LCS, we believe in the dignity and worth of each student as an image bearer of God. We believe that God has given us, as parents, teachers, coaches, and student athletes, responsibilities to ourselves, our fellow human beings, and the world around us. Therefore, the spirit that drives our school, our curriculum, our athletic program, and all our instruction must reflect these beliefs.

The role of athletics in the life of the middle school student must be consistent with these beliefs. Athletic involvement would emphasize the following at the middle school level:

1. Skill development
2. Value of team work/supportive learning
3. Good sportsmanship
4. Character building

### **Considerations Made to Serve Unique Needs of Middle Schoolers.**

1. A maximum of 12 games per season, with the earliest start times as possible. (usually 4:30)
2. A maximum of one tournament per season.
3. Every student athlete can expect significant, but not equal, playing time in every event, regardless of athletic ability, with the following considerations:
  - a. The student athlete must demonstrate his/her commitment to the team with attendance at practices and games.
  - b. The student athlete must demonstrate respect to the coach and the other athletes through self control and being coachable.

### **Eligibility.**

The same eligibility rules that apply to high schoolers apply to middle schoolers.

### **League/School Rules.**

The middle school does not operate under MHSAA rules and procedures. It is a SMAA league school and plays other teams in the league. All LCS athletic rules and procedures do apply to middle school.

## **LCS Middle School Program**

### **Fall Sports:**

Boys soccer (7<sup>th</sup> & 8<sup>th</sup> grades)

Girls volleyball (7<sup>th</sup> & 8<sup>th</sup> grades)

### **Winter Sports:**

Boys basketball (7<sup>th</sup> & 8<sup>th</sup> grades)

Girls basketball (7<sup>th</sup> & 8<sup>th</sup> grades)

### **Spring Sports:**

Track and Field (boys and girls, 7<sup>th</sup> & 8<sup>th</sup> grades)

### **Fifth & Sixth Grade:**

The students play in the SMYA basketball league. Coaches and games are organized and run by LCS parents.